

**11D PAM 1-201**  
**COMMAND INSPECTION CHECKLIST**

FUNCTIONAL AREA: G1/AG	CHAPTER: 1 SECTION: A-1	DATE OF REVISION: 4 May 03
PROPOSITOR/PHONE NO: G1/AG 350-6357/7336	PROGRAM/ACTIVITY/TOPIC (PAT)  Weight Control Program	UNIT INSPECTED/DATE:
ITEM	GO	NO-GO
<p>A. Discussion: The objectives of the Army Weight Control Program (AWCP) are to ensure that all assigned/attached personnel are able to meet the physical demands of their duties under combat conditions and present a trim military appearance at all times. It is not punitive in nature, but can serve as an enhancement to the soldier's health and well being by taking corrective action immediately upon identification. Proper counseling, training, and a supportive command climate will all contribute to a viable, effective AWCP.</p> <p>B. References:</p> <ol style="list-style-type: none"> <li>1. Army Regulation 600-9, The Army Weight Control Program, dtd 1 Sep 87</li> <li>2. Army Regulation 600-8-2, Suspension of Favorable Personnel Actions, dtd 30 Oct 87</li> <li>3. Army Regulation 600-8-24, Officer Personnel, dtd 15 NOV 99</li> <li>4. Army Regulation 601-280, Army Reenlistment Program, dtd 31 Mar 99</li> <li>5. Army Regulation 635-200, Enlisted Personnel, dtd 1 Nov 00</li> <li>6. Field Manual 21-20, Physical Fitness Training, dtd 30 Sep 92</li> </ol> <p>C. Specific questions:</p> <ol style="list-style-type: none"> <li>1. Are soldiers being screened for height and weight every 6 months or when they take the semi-annual APFT (Army Physical Fitness Test)? (AR 600-9, para 1-20a)</li> <li>2. Is a DA Form 268, Suspension of Favorable Personnel Actions (Flag) initiated for all soldiers upon enrollment in the AWCP? (AR 600-9, para 21b and figure 2)?</li> <li>3. Are soldiers informed by the unit commander that he/she has been entered in a weight control program? (AR 600-9, para 21b and Figure 1)</li> <li>4. Does the commander ensure that a medical evaluation is accomplished by health care personnel when the soldier has a medical limitation, or is pregnant, and when a soldier fails to make satisfactory progress or is within 6 months of ETS? (AR 600-9, para 21d)</li> <li>5. Does the commander refer aircraft crew members who exceed the body fat standards to a flight surgeon for possible impact on flight status? (AR 600-9, para 21d)</li> </ol>		

ITEM	GO	NO GO
<p>6. Do all personnel enrolled in the AWCP receive nutritional counseling (AR 600-9, figures 1 and 2, AR 600-9)?</p> <p>7. Can the unit provide documentation on all soldiers enrolled in the AWCP (figure 1, AR 600-9)?</p> <p>8. Are personnel enrolled in the AWCP weighed in monthly to measure soldier's progress, and is this data kept on file (AR 600-9, para 21e(1))?</p> <p>9. If a soldier has not made satisfactory progress in the AWCP after any two consecutive monthly weigh-ins, are they referred to health care personnel for evaluation or reevaluation (AR 600-9, para 21e(2))?</p> <p>10. Are soldiers only removed from the AWCP when they achieve the body fat standard (AR 600-9, para 21f)?</p> <p>11. If, within 12 months after removal from the AWCP, a soldier is determined to exceed the screening table weight and body fat standard with no underlying or associated disease, is the soldier being processed for separation proceedings (AR 600-9, para 21k(1)(a))?</p> <p>12. If, after 12 months but within 36 months after removal from the AWCP, a soldier is determined to exceed the screening table weight and body fat standard with no underlying or associated disease, is the soldier allowed only 90 days to meet standards (AR 600-9, para 21k(1)(b))?</p> <p>13. Are soldiers allowed to remain on the AWCP after the initial 6-month period if they still exceed the body fat standard and are making satisfactory progress toward their weight loss (AR 600-9, para 21h)?</p> <p>14. Does the commander provide programs to educate and motivate soldiers to attain and maintain weight and body fat standards (AR 600-9, para 20b)?</p> <p><b>Rating standard (PAT: Weight Control Program)</b></p> <ul style="list-style-type: none"> <li>• Commendable – 90% of all items receive a “GO” rating.</li> <li>• Satisfactory – 75%-89% of all items receive a “GO” rating.</li> <li>• Needs Improvement – 74% and below of all items receive a “GO” rating</li> </ul> <p><u>Inspector's comments mandatory for all “NO GO” items. (Attach additional sheets if necessary.)</u></p>		

NOTES:

VERIFICATION

X \_\_\_\_\_  
Unit POC's Signature, Name Rank, Date

X \_\_\_\_\_  
Inspector's Signature, Name Rank, Date